**Supplementary Table 1** – Demographic and smoking characteristics of study participants, Brazil, 2020 (n=122)

|  | Mean | SD | p-value* |
|---|---|---|---|
| Age (years) | 36.4 | 14.8 | |
| BMI (kg/m$^2$) | 24.3 | 6.9 | |
| Years of smoking | 17.6 | 14.6 | |
| Motivation for cessation | 2,6 | 1,82 | |
| Wisconsin Scale | 54,9 | 10,7 | |
| **Sex** | **n** | **%** | |
| Female | 60 | 49.1 | 0.797 |
| Male | 62 | 50.8 | |
| **Schooling** | **n** | **%** | |
| Primary | 6 | 4.9 | <0.000 |
| Secondary | 5 | 4.1 | |
| High school | 36 | 29.5 | |
| Higher education | 75 | 61.4 | |
| **Previous diagnoses** | **n** | **%** | |
| Cardiovascular disease | 19 | 15.5 | 0.183 |
| Metabolic disease | 13 | 10.6 | |
| Respiratory disease | 10 | 8.2 | |
| **Fagerström classification** | **n** | **%** | |
| Very low | 41 | 33.6 | <0.000 |
| Low | 33 | 27.0 | |
| Medium | 10 | 8.2 | |
| High | 27 | 22.1 | |
| Very high | 11 | 9.0 | |
| **Type of cigarette (past month)** | **n** | **%** | |
| Conventional cigarette | 97 | 79.5 | <0.000 |
| Hookah | 19 | 15.5 | |
| Rope/straw cigarette | 19 | 15.5 | |
| Electronic cigarette | 4 | 3.2 | |
| **Followed hygiene recommendations** | **n** | **%** | |
| Wash hands | 118 | 96.7 | <0.000 |
| Alcohol gel | 112 | 91.8 | |
| Avoid leaving home | 88 | 72.1 | |
| Social isolation | 69 | 56.5 | |

*BMI: Body mass index; * Chi-square test*

Continuous data expressed as mean and standard deviation. Categorical data expressed as absolute numbers (n) and percentages.